

DON'T MISS OUT ON THE AGING MASTERY PROGRAM

Please join us on Monday, March 9th at 12:00 p.m. at the senior center for an informational meeting to learn more about the exciting “Aging Mastery Program” (AMP). The goal of this program is to empower older adults to make and maintain small but impactful changes in health behavior. AMP was developed by the National Council on Aging (NCOA) with the help of a grant through the MetLife Foundation. This is a wonderful opportunity for you to participate in, and reap the benefits of this cutting edge wellness program. We are currently recruiting 35 adults (ages 55+) to participate in the 12-week educational program. We are partnering with local health care professionals to bring you 10 weeks of structured class time to be followed by 2 optional programs. The topics that will be covered in the program include Appreciating Longevity, Physical Fitness, Nutrition, Sleeping Well, Fall Prevention, Medication Management, Financial Fitness, Advance Planning, Healthy Relationships and Civic Engagement. We will provide you with written materials, resources and special incentives to help keep you motivated and on track. We can only have 35 participants, so if you’re interested in taking part in this free Aging Mastery Program, call the senior center at 508-543-1252 to sign up beginning on Wednesday, March 11th starting at 8:00 a.m. The first class will be held on Thursday, March 19th 11:00 – 12:30, at the senior center.

Monday, March 9

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Aging Mastery Informational Program 12:00 noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, March 10

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – “Saving Mr. Banks” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, March 11

Sign-up for Aging Mastery Program 8:00 a.m.

Strength Training 8:30 a.m.

NO Chorus today

Zumba Gold 11:30 a.m.

Walmart 1:00 p.m.

Thursday, March 12

St. Patrick’s Party Day Trip 11:00 a.m.

History Lecture Program with Paolo DiGregorio 1:00 p.m.

Intermediate Italian Class 1:30 p.m.

Friday, March 13

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

Advanced Italian Class 1:15 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, March 26th at 9:00 a.m. Our guest speaker this month will be Bill Grieder. Bill is a member of the Foxborough Planning Board and this is your chance to find out more about the Master Plan for the town of Foxborough. The cost for the Men's Breakfast is \$3 and, if you would like to attend, please call the senior center at 508-543-1252 by Tuesday, March 17th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

AUDIO-DESCRIBED MOVIE

Join us on Thursday, March 19th at 1:00 p.m. for an audio described showing of the movie "Saving Mr. Banks," a film which depicts the behind the scenes story or the making of "Mary Poppins." Described videos provide narration of a program's key visual elements, such as characters' actions, costuming, gestures and facial expressions. These descriptions are heard during the natural pauses in dialogue. The result is a finished soundtrack that enables visually impaired viewers to fully understand the film through listening. Come and enjoy this experience with the Low Vision Support group here at the senior center. Popcorn is included! Call us at 508-543-1252 to sign up.

CLUB 90 BIRTHDAY PARTY

If you're a Foxborough senior aged 90 or older, or if you'll be turning 90 sometime in 2015, watch your mail for your invitation to our Club 90 Birthday Party on Wednesday, March 11th at the senior center. Be sure to let us know if you'll be joining us, and RSVP by Friday, March 6th. We'll be serving lunch and Gary Leanues will be here to provide the entertainment.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

Paolo DiGregorio, the "Artifactual Scholar," will be back at the senior center once again to present a series of history lecture programs at 1:00 p.m. on upcoming Thursday afternoons. The first series of programs will focus on events in colonial history leading up to the Revolutionary War. On March 12th the topic will be "The Collision of Empires: France and Britain in North America 1873-1763" and on March 26th the topic will be "The Times That Try Men's Souls – the Road to the Revolution 1763-1776." Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, and an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at the senior center. Come join us as we listen to Paolo bring his stories of our American heritage to life. If you're interested in attending, please call the senior center at 508-543-1252.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On March 11th and 12th the featured program will be the 1st Aging Mastery Program on "Financial Planning." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, March 25th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens

and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, March 18th at 1:00 p.m. Everyone is welcome to attend these informational services.

TRIP INFORMATION

TRIP TO THE NEWPORT PLAYHOUSE

Save the date of Thursday, April 2nd and come join us for lunch and a show at the Newport Playhouse in Newport, RI. Our trip includes round-trip motorcoach transportation leaving from the parking lot at St. Mary's Church at 10:00 a.m. and we will be returning home around 6:00 p.m. We'll begin our day at the theater with a hearty buffet including a variety of hot and cold foods, main entrees, side dishes, beverages and desserts. Then we move into the intimate theater for the performance of the comedy "When the Cat's Away." After the show, we go back into the dining room for a special Cabaret show where the performers will continue to entertain us with laughter and song. The total cost for the transportation and gratuity, the luncheon, the show, and lots of laughs is \$81.00. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up. Payment is due by Friday, March 13th.

TRIP TO NEW YORK CITY

Come join us as we travel to New York City on May 17th - 18th where we'll be visiting the 9/11 Memorial and Museum. We'll be leaving Foxborough at 7:00 a.m. on Sunday, May 17th from St. Mary's parking lot and return home on Monday, May 18th in the early evening. On Sunday afternoon we'll be having lunch at the famous Chelsea Market of the Food Club Network and then spend the afternoon at the 9/11 Memorial. That evening, dinner will be served at the Chart House Restaurant on the Hudson River where we'll enjoy a view of the skyline of Midtown New York. Our overnight lodging will be at the Hampton Inn & Suites Riverwalk in Newark, NJ. On Monday, we'll continue to nearby Liberty Park to board the ferry for the Ellis Island National Monument and the Statue of Liberty. The ferry continues on to Battery Park and in the afternoon we'll be visiting the historic South Street Seaport and enjoy a guided sightseeing tour of Lower and midtown Manhattan, including many famous sights. The cost for this trip, including all gratuities, is \$371 per person for a double, \$351 per person/triple and \$451 per person/single. The sign up for this trip has begun and there are only a few openings remaining.

TAX ASSISTANCE

AARP INCOME TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

REGULARLY SCHEDULED

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana “BB” Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes.

CLASSIC MOVIE DAY

The classic movie for the month of March is scheduled for Tuesday, March 10th at 12:30 p.m. and our featured film will be “The Night of the Hunter.” This story involves the character of Harry Powell (Robert Mitchum) who, while in a prison cell, discovers the secret of a condemned man (Peter Graves) who has hidden \$10,000 somewhere around his house. After being released from prison, Powell seeks out the man’s widow, Willa Harper (Shelley Winters), and his two children. The children know where the money is, but don’t trust the “preacher.” But their mother buys his con game and marries him, and soon she ends up dead. The children are finally taken in by a Bible-fearing old lady (Lillian Gish) who would seem to be helpless to defend them against the single-minded murderer, but is as unyielding as her faith. This is the only film ever to be directed by actor Charles Laughton and is considered by many to be a masterwork. So come join us at the senior center to watch the movie and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you’d like to sign up.

JAY BARROWS’ OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on March 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, March 24th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

SHOPPING

We will be going to Shaw’s on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

March 11 – Walmart

March 18 - Target

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, March 10th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is

available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

GRANDPARENTS RAISING GRANDCHILDREN

Are you (or someone you know) a grandparent raising grandchildren? There will be a panel discussion including representatives from MetroWest Legal Services, Grandparents Raising Grandchildren of MA and the Department of Transitional Assistance on Thursday, March 19th from 11:00 a.m. to 1:00 p.m. at the Sharon Adult Center, in the Sharon Community Center, 219 Massapoag Ave in Sharon. Lunch is included, courtesy of Roche Brothers. This is a free program, but pre-registration is required by calling the Adult Center at 781-784-8000 by March 11th.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,618 for a one-person household, \$42,654 for two people, \$52,691 for three people, \$62,727 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for March 19th and April 7th. In addition to the SHINE program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

WEEKLY SCHEDULED PROGRAMS

KNITTING CLUB

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays at 11:00 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, March 9

Chicken Marsala

Confetti rice

Beets

Honey Wheat Bread

Fresh Orange

Calories 291

Sodium 536

Tuesday, March 10

American Chop Suey

Country Blend Vegetables

Scali Bread

Tropical Fruit

Calories 377

Sodium 236

Wednesday, March 11

Roast Pork with Apple Gravy

Red Bliss Potato

Peas with Pimento

Multigrain Roll

Applesauce

Calories 410

Sodium 189

Thursday, March 12

Meatloaf with gravy

Whipped Potato

California Blend Vegetables

Oatmeal Bread

Chocolate Pudding

Calories 484

Sodium 382

Friday, March 13

Cheese Tortellini with Alfredo Sauce

Tuscany Blend Vegetables

Wheat Roll

Pineapple Chunks

Calories 316

Sodium 412